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Your essential news | MONDAY, JUNE 22, 2015

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Twice a winner

Kenyan Thomas Omwenga came out on top at this year's Manitoba Marathon with a time of 2:24:17. This is the second time Omwenga has won the province's largest marathon. Heather Magill of Grand Forks, N.D., took the women's title. SHANNON VANRAES/FOR METRO

Educating students a step forward: Selinger

ABORIGINAL RIGHTS

Residential schools will be included in curriculums

Manitoba Premier Greg Selinger says his government is moving forward with recommendations from the Truth and Reconciliation Commission for teaching aboriginal history and culture in schools.

The NDP government announced Sunday that a new four-point plan will ensure students in Manitoba learn the legacy of residential schools as well as the '60s Scoop.

The '60s Scoop refers to the practice in the 1960s and beyond of removing aboriginal children from their families to live in non-aboriginal homes.

Selinger said the plan includes introducing legislation this fall for a new First Nation, Metis and Inuit education policy for teaching the history and culture of aboriginals as well as the significance of treaties.

The Truth and Reconciliation Commission's report earlier this month followed a six-year study of Canada's residential schools that concluded the system was a "cultural genocide" that led to the deaths of more than 6,000 children — many others who survived suffered various forms of abuse.

"With the release of the (commission's) final report, it's time to acknowledge the truth about what happened in Canada's residential schools, educate students and move forward in a spirit of reconciliation, mutual understanding and respect," Selinger said in a news release.



Manitoba Premier Greg Selinger THE CANADIAN PRESS

"Educating students about historical wrongs is a step toward mutual respect, reconciliation, and understanding how we as a society can move forward together," he added.

The Manitoba announcement also promises the government will work with post-secondary institutions to

develop a strategy for introducing more indigenous content into bachelor of education courses to support teachers.

It says the promised legislation will include a provision that will require the education framework to be reviewed every three years.

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IN BRIEF

Teen charged after laser pointed at police chopper

A teen is charged with endangering life after police say a fairgoer pointed a laser pointer into the cockpit of Air1 as it flew over the Red River Ex early Sunday.

The police chopper was responding to a disturbance call at the Ex around 12:10 a.m. when someone projected a green laser beam at it multiple times. Police said the laser filled the cockpit with green light and put the entire crew at risk.

Air1 was able to track the suspect as he left in a vehicle and police on the ground arrested the suspect near Setter Street.

As well as a mischief charge for endangering life, an 18-year-old man is also charged with projecting a light source into navigable airspace under Canadian Aviation Regulations.

METRO

Tips sought after man performs indecent act

Police are asking for help tracking down a man who was seen performing an indecent act outside a Westwood area business Saturday morning.

The manager of the business asked the man to leave before calling police around 8 a.m.

The man is five-foot-10, in his late 20s or early 30s and weighs 210 pounds. He has a medium build, short black cropped hair and brown eyes.

He was wearing a plain grey pullover, baggy blue jeans, and carrying a large, bulky blue-and-grey backpack.

Anyone with information is asked to call police at 204-986-2877. METRO



Robert Taman, whose wife Crystal was killed in 2005 after her car was hit by an off-duty police officer who was driving drunk, talks to media on Friday at the Manitoba Legislature. DAVE BAXTER/METRO

Civilian oversight of police ramped up

INVESTIGATIONS

New unit expects to handle 30 to 50 cases annually

The director of a new civilian-led unit that will investigate police forces across Manitoba says it is the toughest of its kind in Canada.

The Independent Investigation Unit will not only review cases where police officers are

involved in deaths or serious injuries, but it will also be able to take over any police investigation it considers to be in the public interest, director Zane Tessler said Friday.

That would be any case where an officer is suspected of breaking federal or provincial laws.

"In other words, there are virtually no limits to the jurisdiction of the (unit) and the manner in which it may provide civilian oversight of police," said Tessler, a former Crown attorney.

Calls for such a unit date back decades and grew louder after the 1988 shooting death of aboriginal leader J.J. Harper. It was recommended formally in a 2008 public inquiry into the death of Crystal Taman, a Winnipeg woman who was killed when her car was rear-ended by an off-duty Winnipeg police officer who had been out partying all night.

Her husband, Robert Taman, said Friday he has long pushed for the government to act on the inquiry recommendation.

"I feel a sense of accomplish-

ment that some of the struggles and hardship and emotional days and nights are worth it," he said.

"I think there are still changes to come, but this is really, really big."

The unit will be led by Tessler and include seven investigators who are all former police officers, many of them from out of province.

If charges are to be laid, a prosecutor will be brought in who has no connection to the police force involved.

THE CANADIAN PRESS

SLUGLINE

Reserve death spurs scrutiny of Lifeflight Air Ambulance

Nurses and aboriginal leaders are demanding answers for why a man died on a remote northern reserve after an air ambulance company said it could not fly into the community.

Orval McKay, 29, was seriously injured in a hit-and-run on the Berens River First Nation last weekend and rushed to the nursing station at about 1:30 a.m. Saturday.

The reserve, which is 270 kilometres north of Winnipeg, has no road access in the summer and is only accessible by air.

Nurses say they called Lifeflight Air Ambulance but were told flights could not land there, though provincial officials confirm Lifeflight has flown to Berens River more than 40 times from 2008 to 2015.

Teresa Mrozek of Lifeflight said the company does fly at night but there are challenges with the Berens River airstrip, which is just over 883 metres long, which is 20 metres short of the required length for the Lifeflight jet to land.

She says because there is a shorter airstrip, "it needs specific conditions in order to land there."

The province also says STARS air service couldn't respond for a number of reasons, one of which is that the community is at the edge of the range where its helicopter can fly.

Health Emergency Management says an air ambulance was finally dispatched sometime after 2:30 a.m., but McKay died before it attempted to land.

THE CANADIAN PRESS

SEARCH

Woman survives wilderness

A Winnipeg woman who was missing for nine days has been found alive.

West Kelowna RCMP confirmed Kara Stoyanowski was found Thursday evening after an extensive search in the Okanagan bush.

She was last seen on June 9 when she walked away from her campsite.

RCMP told Kelowna media Stoyanowski walked out of the woods Thursday around 6:30 p.m. on a service road after spotting two men checking

their livestock. She identified herself and the men brought her in to hospital.

Stoyanowski suffered minor injuries. Police did not explain how she stayed alive for nine days.

ELISHA DACEY/METRO



Kara Stoyanowski
RCMP HANDOUT

SEARCH

Autistic teen found

Police say an autistic teenager from a community near Winnipeg has turned up safe.

Media reports quote Nicholas Read's family as saying the 16-year-old was found far from home in Pickering, Ont. He reportedly hitched a ride with a

trucker who later called police. RCMP in East St. Paul said the teen was located "safe and sound" late Saturday.

The teen went missing Wednesday after his father dropped him off at school.

THE CANADIAN PRESS

CANADIAN MUSEUM FOR HUMAN RIGHTS

Museum targets \$2.7M expansion

Less than a year after opening its doors, the Canadian Museum for Human Rights is already undergoing a multimillion-dollar expansion.

Metro has learned more than \$2.7 million is being spent to create a new Temporary Gallery on the museum's main floor. The space — which will feature advanced climate controls and security features — will host a changing schedule of temporary or travelling exhibitions.

"The many permutations for transforming this gallery mean visitors will discover a completely new space each time a new exhibition opens," said CMHR in a statement. "The exhibitions in this gallery can be anticipated to draw visitors from all across Canada."

A spokesperson confirmed the new gallery is not part of the CMHR's original \$351 million construction budget, and

said it will be paid for through additional fundraising by the Friends of the CMHR.

The gallery will open in August with a display of the Magna Carta, the 800-year-old document that set the foundation for many of the world's modern constitutions.

"The Fathers of Confederation were unanimous the new country of Canada should be based upon the concepts of freedom, democracy and the rule of law, all of which are expressed in the Magna Carta," said Shelly Glover, Minister of Canadian Heritage and Official Languages.

This copy of the Magna Carta, one of only four in the world, will be on loan from Durham Cathedral in the United Kingdom.

"Magna Carta — Law, Liberty and Legacy" opens Aug. 15. COLIN FAST/FOR METRO



Kids from Ecolé Tuxedo Park got the chance to do some planting at the new garden at Assiniboine Park Friday. DAVE BAXTER/METRO

Assiniboine Park opens up 'Water Wise' Garden

CONSERVATION

Park hopes to educate and attract visitors



Dave Baxter
Metro | Winnipeg

The Assiniboine Park Conservancy officially opened its new Water Wise Garden on Friday, and they're hoping it not only looks good, but also helps educate people.

The garden, which is located

in the Mayor's Grove area of the park, opened with a ribbon cutting, and saw local school kids invited to help do some planting.

The Assiniboine Park Conservancy said the garden contains more than 500 "water wise" plants and trees and they believe the new edition will play a role in the park's education programs while also attracting park visitors.

"By planting vegetation and using mulches that thrive in Manitoba's climate, we've created a healthy garden that uses water responsibly," said Gerald Dieleman, director of horticulture for the Assiniboine Park



By planting vegetation and using mulches that thrive in Manitoba's climate, we've created a healthy garden that uses water responsibly.

Gerald Dieleman

Conservancy.

"This is something we can showcase to our visitors that they can then apply to their own gardens at home."

The conservancy said Water Wise gardens are ones that "choose the right plants and mulch for the right place to maximize the efficiency of

water usage, so the plants can then live on the resources available."

The conservancy also said that thanks to support from RBC, the entire Mayor's Grove space in Assiniboine Park has been "rejuvenated" with new pathways and interpretive signage.



MANITOBA LEGISLATURE HIGH HONOUR Janice Filmon inspects a guard of honour after being appointed Manitoba's 25th lieutenant-governor Friday. JOHN WOODS/THE CANADIAN PRESS

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Some life advice for grads



WHAT'S GOOD

Ace Burpee

To the graduating class of 2015, congratulations. You have accomplished something great, so be proud. Here are some unsolicited suggestions as you head into a new phase of life.

Success is not measured by who has the biggest house, the most money, and the most stuff. All that stuff? It's just stuff. It doesn't mean anything.

Travel is never a bad idea. The world is fascinating and exploring it will only make you a better person. Nobody regrets travelling. We regret not travelling as much as we should have.

It's 2015, and things become trends more quickly than ever, and fall out of fashion even faster than they arrived. Working hard, however, will never not be cool. It's timeless.

Failing hurts, but it'll happen, and it's going to be ok. Successful people who have failed at something: literally all of them.

Clean up your social media feeds. Like it or not, it can be your undoing and there will be absolutely nothing you can do about it. It'll follow you around.

Still searching for what it is you want to do with your life? So is everybody. And I don't just mean your fellow grads. Keep learning, keep living, keep laughing, stay humble, and be true to yourself. We'll figure this thing out soon enough.



Cindy Klassen listens to a speaker during a news conference after she announced her retirement from skating in Winnipeg Saturday. JOHN WOODS/THE CANADIAN PRESS

Cindy retiring in a 'Klass' of her own

HEROINE

Winnipeg's Olympic legend of speedskating won six medals

Six-time Olympic medallist Cindy Klassen called it a career Saturday, surrounded by friends, colleagues and family in her hometown of Winnipeg.

The 35-year-old announced her retirement from speedskating after taking a year off following a concussion, and said the break allowed her to reflect on her future.

"It was nice to take a break and a step away from the hard training," Klassen said.

"I have to admit that when I watch speedskating, I get that itch to go out there and race. But other than that, I don't miss it as much as I would have when I was younger. This speaks volumes to me, and I know that it's time to move

on to something new."

Klassen is the only Canadian athlete to win five medals at a single Olympic Games — claiming a gold, two silver and two bronze at the 2006 Winter Games in Turin, Italy. Jacques Rogge, the president of the International Olympic Committee at the time, dubbed Klassen "the woman of the Games."



It has been a tremendous honour to race for our country. I count it as a privilege to have had the chance to wear a uniform with Canada printed on the back."

Cindy Klassen

Another bronze from 2002 ties Klassen with former teammate Clara Hughes for the most Olympic medals won by a Canadian athlete. Klassen still holds world records in the 1,500 and 3,000 metres, which she set during the 2005-06 season.

Klassen reflected back on her career Saturday, and pointed to the 2006 and 2010 Olympic Games as highlights.

"It has been a tremendous honour to race for our country. I count it as a privilege to have had the chance to wear a uniform with Canada printed on the back."

THE CANADIAN PRESS

FLOOD PROTECTION

Selinger welcomes contract probe

Premier Greg Selinger says he welcomes a new ombudsman investigation into a planned \$5-million contract that has stirred up accusations of cronyism and rule-breaking. Last week Selinger denied an assertion his cabinet tried to circumvent the rules for awarding contracts last fall by ordering the contract go to a company with links to a senior cabinet minister instead of being up for open bidding.

The controversy dates back to last summer, when Emergency Measures Minister Steve Ashton announced plans for \$5 million in equipment to help First Nations communities battle flooding. An anonymous whistleblower complaint, filed with the provincial ombudsman last fall and first reported by the Winnipeg Free Press last week, alleged Ashton pushed to have the contract awarded to a company that supplies water-filled tubes called Tiger Dams.

The whistleblower alleged two officials from the company have been Ashton campaign contributors and Ashton wanted to bypass an opening bidding process.

A government source, with first-hand knowledge of the discussions, told The Canadian Press Ashton made the request to the provincial Treasury Board, which insisted on open bidding.

The matter then went to cabinet, and Selinger initially backed Ashton's request, said the source, who would only speak on condition of anonymity.

Within a couple of weeks, the whistleblower went to the ombudsman and by November the contract was put up for open bidding, after the ombudsman's investigation was complete. It has still not been awarded.

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Tory senator seeking a sober second thought

SENATE

C-377 would be untenable to labour unions, says lawmaker

Diane Bellemare is urging the discredited Senate to find redemption by doing its constitutional duty as the parliamentary chamber that represents the regions.

The Conservative senator is waging a one-woman crusade within the Senate's government caucus to block C-377, a private member's bill that would force labour unions to publicly disclose how they spend their money.

And she's using the scandal over senators' expenses to make her case.

The controversial bill, sponsored by Conservative MP Russ Hiebert and backed strongly by the Prime Minister's Office, would require unions to publicly disclose any spending of \$5,000 or more and any salary of more than \$100,000.

It's been widely denounced



Diane Bellemare is urging the discredited Senate to find redemption by doing its constitutional duty as the parliamentary chamber that represents the regions. THE CANADIAN PRESS

+ BACKGROUND

Blast from the past

Bellemare had more company two years ago when she attempted to block C-377 and 16 Conservative senators broke ranks to join forces with the Liberals and send the bill back to the House of Commons with amendments that effectively eviscerated the legislation.

THE CANADIAN PRESS

as undemocratic and an invasion of privacy and it's opposed by at least five provinces, who've argued that the bill is an unconstitutional intrusion into provincial jurisdiction over labour laws.

If senators want to reclaim some relevance in the midst of the current crisis, Bellemare maintains they need to represent the interests of their provinces and vote against C-377.

"I would like to say that, at this difficult time when the Senate is being accused on all sides of not playing its role as a chamber of sober second thought, and of not taking



We are a legislative body and when we see that things are wrong, it's our role to not agree.

Senator Diane Bellemare

the interests of the people it represents seriously, I urge you to vote in line with your constitutional obligations, the official positions of your respective governments, in other words, the provincial governments and the people they represent, and all of the emails you received that have criticized this bill as being too invasive," she implored her

colleagues last week.

It's a lonely battle for Bellemare, who has found little support for her arguments in her own caucus, although Liberal senators are behind her.

An unamended C-377 is before the Senate and Bellemare and the Liberals are using every procedural trick available to run out the clock until the chamber adjourns for the sum-

mer, likely this week.

With Parliament set to be dissolved for the fall election before the Senate can resume, failure to pass the bill before the summer break would kill it.

Ditto if the bill were to be amended again by the Senate. The Commons has already adjourned for the summer and would never get the chance to consider amendments.

Bellemare tried several weeks ago to have the bill ruled out of order. That failed.

She then proposed an amendment to exempt all labour unions not under federal jurisdiction, which would have exempted about 90 per cent of them. That amendment was defeated last week.

"Personally, in the midst of this crisis, I try to focus on my main mandate, which is to defend the interests of the population of my province," the Quebec senator said in an interview, noting that her province is among those that have objected to the bill.

Were it to pass, Bellemare is convinced the bill would eventually be tossed out by the Supreme Court. All the more reason, she believes, for the Senate to do its duty as the chamber of sober second thought.

"We are a legislative body and when we see that things are wrong, it's our role to not agree," she said.

Bellemare feels she's done what she can to kill the bill but she's hopeful the minority Liberals have a plan up their sleeves.

Since debate can't be limited on private member's bills in the Senate, the Liberal plan appears to be simple: talk C-377 to death. THE CANADIAN PRESS

BITCOIN

Report endorses new tech

A report from Canada's Senate says Ottawa should use a "light touch" when considering any regulation of Bitcoin and other digital currencies in order to avoid stifling the growth of these new technologies.

The report recommends that the federal government employ "almost a hands-off approach" when it comes to virtual currencies, monitoring the situation as it evolves and only introducing regulations as necessary.

The Bitcoin Alliance of Canada says it welcomes the report's findings and is urging the government, as well as the private sector, to consider them.

Bitcoin is a digital currency that is exchanged through peer-to-peer computer networks and is not issued or controlled by a central bank or any other authority.

Virtual currencies like Bitcoin employ blockchain technology — computer code that makes up the currency's underlying architecture.

The Senate report says blockchain technology has many promising applications, and recommends that the federal government consider using it to enhance the protection of private information.

"Our committee was told that by cutting out third parties, blockchain technology can give consumers and governments a more effective level of online security," Sen. Irving Gerstein said during a news conference Friday.

Blockchain technology could be used to securely and permanently register marriages, births, real estate deals and a "myriad" of other transactions, Gerstein added.

Digital currency can also benefit people in the developing world by providing them with access to financial services, thus improving their quality of life, he added. THE CANADIAN PRESS

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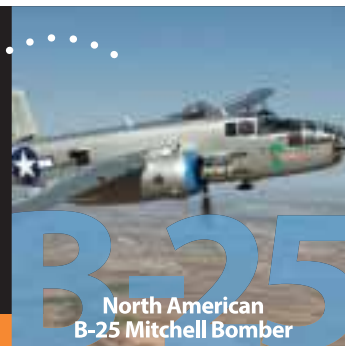
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Seen through a glass door, a group of international media executives, including Canadian Press President Malcolm Kirk, left, gather to meet Russian President Vladimir Putin at the St. Petersburg International Investment Forum in St. Petersburg on Friday. THE ASSOCIATED PRESS

Putin tries to woo news agencies

RUSSIA

President late in blatant bid to cultivate his image

When the heads of the world's major news agencies sat down a year ago with Vladimir Putin at a St. Petersburg palace, they were treated to a long, sumptuous meal of Crimean flounder, a dish evidently chosen not only for its delicacy but for the political statement.

This year it was tea and caviar at the stroke of midnight in a wood-panelled library. The Canadian Press, The Associated Press and Reuters were among the news services that took part.

The Russian president had just completed a whirlwind of back-to-back meetings on the sidelines of his showcase economic forum, an event at which he also delivered a marathon question-and-answer performance under the folksy moderation of CBS News journalist Charlie Rose.

He apologized for being hours late for the meeting with news agency heads.

If you talk to other world leaders or the Russian media, Putin is always late — a reflection

perhaps of his punishing schedule as much as a demonstration of who is in charge.

Putin's handlers and officials from the state-run news agency kept the news bosses busy with a tour of the presidential library and archive.

Even still, the dozen invited news executives, whose editors and journalists shape public opinion from Washington to Delhi, were given a photo-embellished library card granting them 100 years of access to the place.



The EU should be applauding us.... What's wrong with creating jobs in Greece?

Vladimir Putin

Putin was relaxed and good-natured throughout the blatant, hour-long bid to cultivate his image — both at home and among an increasingly suspicious, if not outright hostile international audience.

But the brash and determined courting of news agency heads that typified the same exercise last year was replaced with a toned-

down, sober air.

But his overall messages were hardly conciliatory.

With the euphoria of Crimea's "return" dimming for a recession-weary public; a grinding, dirty little war on his western border; and the economic hemorrhaging of international sanctions and rock-bottom oil prices, the more subdued business-as-usual air is probably not surprising.

Yet, his dexterity in playing international foil was still clear with his wooing of fiscally wayward Greece — a flirtation that at the very least fractures the facade of European Union solidarity.

"If the EU wants Greece to pay its debts, it should be interested in growing the Greek economy ... helping it pay its debts," he said, referring to a \$2.7-billion pipeline deal announced as part of his economic forum. "The EU should be applauding us.... What's wrong with creating jobs in Greece?"

Unrepentant on Ukraine despite the economic isolation and international outlier status it has bestowed, Putin blamed President Petro Poroshenko for not delivering promised political reforms brokered at Minsk.

THE CANADIAN PRESS

5 THINGS

Canada-Russia

Five things to know about our strained relationship:

1 Northern Exposure

In January 2009, Canada scrambled F-18 fighter jets to intercept Russian bombers approaching Canadian airspace.

2 Sailor, Soldier, Spy

In January 2012, the RCMP arrested Canadian naval officer Jeffrey Delisle, who had been passing classified information to the Russians from his Halifax post for five years.

3 Crime in Crimea

Canada has been one of the most vocal critics of Russia's annexation of Crimea in southern Ukraine and first imposed sanctions on Russia in March 2014.

4 Buzz Kill

In March, Foreign Affairs Minister Jason Kenney claimed Russian jets provocatively buzzed a Canadian frigate in the Black Sea.

5 Stay Out of My Group

Harper used this month's G7 Summit to publicly state that Russia should never be permitted back into the club as long as Putin remains Russia's leader.

EUROZONE

Leaders say Greek accord possible

A day ahead of a crucial emergency eurozone summit, European leaders renewed efforts to reach a deal between Greece and its creditors that would allow the debt-ridden country to avoid a default and a potentially disastrous exit from the euro.

Greek Prime Minister Alexis Tsipras had separate telephone conversations Sunday with French President Francois Hollande, German Chancellor Angela Merkel and European Commission President Jean-Claude Juncker, the prime minister's press office said.

Tsipras "presented to the three leaders Greece's proposal for a mutually beneficial

agreement, which will provide a permanent solution and not just postpone tackling the problem," the press office statement said.

Later, Hollande told reporters in Milan, where he met with Italian Premier Matteo Renzi, that everything must be done to keep financially ailing Greece in the Eurozone.

Hollande said that "if the Greeks leave the eurozone, it won't be positive for the Greeks or Europeans."

"We need stability," especially since much of Europe is beginning to rebound economically, he said. "For this reason we must reach an accord."

THE ASSOCIATED PRESS

EGYPT

Journalist remains in German custody

A prominent Al-Jazeera journalist will remain in German custody for a second night, prosecutors said Sunday, adding they have not yet decided whether to extradite him to Egypt or set him free.

As dozens of supporters protested Sunday in front of the Berlin court building where Ahmed Mansour was being held, his lawyer, Fazli Altin, called for the journalist's immediate release, saying that Germany was getting involved in a politically tainted case.

Mansour, 52, a well-known journalist with the Qatar-based broadcaster's Arabic service, was detained at Berlin's Tegel airport on Saturday on an Egyptian arrest warrant, his lawyers said.

Martin Steltner, a spokesman for the Berlin prosecutor's office, said that Mansour, who holds dual Egyptian-British nationality, would be taken to a prison in the city and that further decisions will be made next week.

A government judicial official said there would probably be a decision next week on whether Mansour has to remain in custody. In addition, the Berlin Court of Justice would decide — once it gets a request for extradition from Egypt — whether Mansour can be extradited or whether the case is politically motivated.

Even if the court rules in favour of an extradition, the German government can still veto the decision. THE ASSOCIATED PRESS



Several hundred yogis practise yoga during the 13th annual Solstice in Times Square event Sunday in New York. The event drew several thousand people to mark the summer solstice. JULIE JACOBSON/THE ASSOCIATED PRESS

Yoga Day inspires millions to plank

CELEBRATIONS

Public events held around the world

Millions of yoga enthusiasts across the world bent and twisted their bodies in complex postures Sunday to mark the first International Yoga Day.

Indian Prime Minister Narendra Modi spread his

mat among rows of people, including his cabinet members and foreign diplomats, at New Delhi's main thoroughfare, which was transformed into a sprawling exercise ground.

Thousands of people dressed in white sat on yellow mats under the Eiffel Tower, and similar events were held in Bangkok, Kuala Lumpur, Seoul, Beijing, Manila and other places. Modi had lobbied the UN to declare June 21 as the first International Yoga Day.

2,000

Number of participants in Taipei who performed 108 rounds of the "sun salutation."

"We are not only celebrating a day but we are training the human mind to begin a new era of peace and harmony," Modi told participants.

UN Secretary-General Ban Ki-moon welcomed the Yoga Day participants worldwide.

"My hope is that yoga will give people everywhere the sense and the oneness we need to work together to live in harmony and usher in a life of dignity for all," Ban said.

Schoolchildren, bureaucrats, homemakers, soldiers and ordinary folk took part in the exercise, held in all Indian state capitals.

THE ASSOCIATED PRESS

NEW YORK

Manhunt for escaped killers shifts after possible sighting

Investigators tracking two murder convicts who escaped from a northern New York prison scoured a rural area near the Pennsylvania border Sunday, saying an unconfirmed but credible report of a sighting had shifted the search across the state.

About 300 law enforcement officers searched the neighbouring towns of Amity and Friendship, where two men who resembled the convicts were spotted Saturday near a railroad line that runs along a county road.

While state police called the sighting unconfirmed, the intense hunt that had focused for two weeks around a prison near the Canadian border was quickly refocused on a

rural, mountainous area 560 kilometres away, dotted with sheds, trailers, summer homes and other potential hideouts.

"We will search under every rock, behind every tree and structure until we are confident that that area is secure," State Police Maj. Michael J. Cerretto said at a news conference Sunday.

Officers walked railroad tracks, checked car trunks and deployed search dogs as a helicopter flew back and forth overhead. At one point, state police outfitted in camouflage could be seen heading into some woods.

David Sweat and Richard Matt broke out of the maximum-security Clinton Correctional Facility in Dannemora

on June 6 using power tools and leaving behind dummies under bedcovers in their adjoining cells.

If the two escapees are still together, that's not surprising, experts said. In the wilderness, fugitives often stick together for survival's sake, unless they have pre-planned to split up and reunite at a camp or other hideaway, said Patrick Patten, who trains law enforcers on woodland tracking.

The search shifted focus after a woman called in Saturday's possible sighting in Friendship, police interviewed the witness at length and decided she was credible and the tip bore investigating, Cerretto said.

THE ASSOCIATED PRESS

SUMMER SOLSTICE

Revellers take over Stonehenge

Thousands of revellers, new-agers and self-styled druids descended on the ancient stone circle at Stonehenge on Sunday, catching a brief glimpse of the sun as they marked the summer solstice — the longest day of the year in the northern hemisphere.

About 23,000 sun-watchers gathered on the Salisbury Plain about 130 kilometres southwest of London, police said. But with the sun visible only briefly, the party was markedly shorter than in past years. Authorities reported nine arrests for drug offences — fewer than in the past.

Visitors kissed the stones, dancers swirled on the grass and drummers pounded as part of the free-form celebrations. A small group of yoga enthusiasts held a short class, and couples renewed their commitments to



Revellers celebrate the pagan festival of Summer Solstice at Stonehenge in Wiltshire, southern England, on Sunday.

NIKLAS HALLE/N/AFP/GETTY IMAGES

one another.

Stonehenge is an icon of Britain and one of its most popular attractions. It was built in three

phases between 3,000 B.C. and 1,600 B.C., and its purpose remains under study.

THE ASSOCIATED PRESS

In Charleston, church bells toll in show of unity, healing

SOUTH CAROLINA

Churches of all denominations join gesture of support, hope

For several minutes Sunday, the sweltering skies above this grieving city were alive with the sound of bells: high in steeples and in the hands of toddlers, all ringing and tinkling in unison to honour the nine people cut down during a Bible study at the historic Emanuel African Methodist Episcopal Church.

Churches of all denominations across town agreed to ring their bells at 10 a.m. in a gesture intended to send a healing message of unity and love to the world.

Standing in the shadow of St. Matthew's Lutheran, less than a block from "Mother Emanuel," Kelly Nix said the event brought

her immense comfort.

"It's about grace, hearing the bells and being part of a community that we love," she said, tears rolling down her cheeks as her twin girls, Lana and Margeaux, who will turn 2 on Friday, ran around in their matching white dresses.

Police say a white man named Dylann Storm Roof, 21, sat with the Bible study group for an hour Wednesday before pulling out a handgun and opening fire. Pastor Clementa Pinckney and eight others, ranging in age from 26 to 87, were killed.

Authorities have called the shooting a hate crime and are investigating whether a racist screed posted on the Internet was written by the suspect. If Roof intended to strike a blow for segregation, Sunday's event was meant to show he failed.

Less than a block from Emanuel, several hundred people gathered in Marion Square Park, which is dominated by a statue



He wanted division and hatred ... but he went to the wrong place.

First Baptist Church Rev. R. Marshall Blalock

of John C. Calhoun, a pro-slavery politician who represented South Carolina in the House and Senate in the 1800s. Under a blazing sun, the throng held an interdenominational service. Some wore T-shirts bearing the faces of those who were slain at the church.

Hanging from the battlements of a castle-like hotel was a white banner with the words "Mother Emanuel, We Love You."

Across town at First Baptist, the Rev. R. Marshall Blalock read the names of the dead as their photos appeared on a large screen. He then told the story



Michal Williams, 3, shakes her tambourine as she and big sister Quincy listen to bells chiming from St. Matthew's Lutheran Church in Charleston on Sunday. ALLEN G. BREED/THE ASSOCIATED PRESS

of a congregant whose young son was taunted by some white people at a fast food restaurant the day after the killings.

"The white community needs

to build a bridge to the black community," he said.

Blalock said Emanuel family members who offered their forgiveness to Roof in court on

Friday sent the right message.

"He wanted division and hatred," the pastor said. "But he went to the wrong place."

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Pope: 'Great powers' did nothing to stop holocaust

CRITICISM

Francis asked why known camp railroads weren't bombed

Pope Francis on Sunday denounced what he calls the "great powers" of the world for failing to act when there was intelligence indicating Jews, Christians, homosexuals and others were being transported to death camps in Europe during World War II.

He also decried the deaths of Christians in concentration camps in Russia under the Stalin dictatorship, which followed the war.

The pope's harsh assessments came in impromptu remarks during his visit to Turin, northern Italy, when he told young people he understands how they find it hard to trust the world.

"The great powers had photographs of the railway routes that the trains took to the concentration camps, like Auschwitz, to kill the Jews, and also the Christians, and also the Roma, also the homosexuals," Francis said, citing the death camp in Poland. "Tell me, why didn't they bomb those railroad routes?"

Referring to concentration camps that came "a little later" in Russia, Francis wondered aloud: "How many Christians suffered, were killed there?"

Lamenting the cynicism of world players in the 1930s and 1940s, Francis said: "the great powers divided up Europe like a cake."

He also cited what he called the "great tragedy of Armenia" in the last century. "So many died. I don't know the figure, more than a million, certainly. But where were the great powers then? They were looking the other way," the pope said.

In April, the pope angered

"The great powers had photographs of the railway routes that the trains took to the concentration camps, like Auschwitz."

Pope Francis

Turkey when he referred to the slaughter of Armenians by Turkish Ottomans as "genocide." In today's world, he told the young people: "Everything is done for money." He criticized those advocating peace while manufacturing or selling arms.

Francis reiterated his view that conflicts in the world today are tantamount to "a Third World War in segments."

THE ASSOCIATED PRESS



Pope Francis embraces a boy after his meeting with the youth on Piazza Vittorio in Turin. The pontiff is on a visit to Turin to venerate the Holy Shroud ALBERTO PIZZOLI/AFP/GETTY IMAGES

IN BRIEF

Pontiff prays in silence before Shroud of Turin

Pope Francis paused in silent prayer before the Shroud of Turin Sunday, becoming the latest of hundreds of thousands of people who have come this year to Turin's cathedral to view the burial linen some believe covered the body of Jesus after crucifixion.

Francis sat for several minutes in silence before the shroud, contained in a protective glass case. Then he took a few steps, placed his hand on the case, and walked away without comment.

Later, after celebrating Mass of the faithful in a packed Turin square, Francis gave his impression of the cloth as he spoke of the love Jesus had for humanity when being crucified.

"The Shroud draws (people) to the tormented face and body of Jesus and, at the same time, directs (people) toward the face of every suffering and unjustly persecuted person."

Skeptics say the cloth bearing the image of a crucified man is a medieval forgery. THE ASSOCIATED PRESS

ENDLESS HORIZONS



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RAMADAN

Keeping a watchful eye for fake halal

For millions of Muslims, the holy month of Ramadan marks a time for ritual fasting during the day and, often, a large meal with friends and family after sundown. For those buying and selling ritually-approved halal meat, it's a time to pay close attention to ensure the food the observant are eating is exactly that.

It's harder than it sounds. Not only is it difficult to regulate, but some critics raise questions about whether the doctrine of church-state separation means governments should even get involved. That means policing is sometimes up to the meat sellers themselves as demand for halal products grows in the U.S. along with the Muslim population.

Gul Muhammad, who opened a halal meat shop in New Jersey this year, said he visits farms and slaughterhouses himself to make sure the animals are



Atiya Aftab picks up her Ramadan order on June 17.

MEL EVANS/THE ASSOCIATED PRESS

being slaughtered according to the religious standards generally adhered to by the world's estimated 1.6 billion Muslims.

Observant Muslims aren't supposed to eat pork or drink alcohol, but there is a range of opinions on what is considered halal. THE ASSOCIATED PRESS

TRANSPORTATION

Bombardier part of \$543M US rail deal

While Bombardier failed to land any new orders at the Paris Air Show, its railway division has secured about US\$543 million worth of contracts alone or in partnership in China and London.

Bombardier Transportation, headquartered in Berlin, was selected as the preferred bidder in a \$412.9-million US contract to provide at least 45 more London overground trains. The railway cars, almost 200 of them, will be

built at its facility in Derby with deliveries beginning in 2018.

Bombardier says the contract is expected to be finalized by month's end. It includes maintenance and options for more trains.

In China, Bombardier's joint venture with CSR Nanjing Puzhen Co. Ltd. in November signed its first contract — a \$130-million US deal from Shanghai Shentong Metro Co. to provide an automated people-mover system.

THE CANADIAN PRESS

IN BRIEF

Union rejects Loblaw's deal, prepares to strike

Unionized workers at Loblaw's Great Food and Superstore in much of Ontario seem headed for a strike after rejecting a tentative deal with the company.

During meetings held from June 14 to June 20, members of United Food and Commercial Workers Local 1000A — representing workers from Ottawa to Greater Toronto — rejected the tentative agreement between the union and Loblaw's.

The agreement reached earlier this month on June 1 affected 28,000 grocery workers in Ontario.

Strike preparations are in order, with picket captains being trained next week, according to the union local's website. TORSTAR NEWS SERVICE

Italian prosecution seeks indictment of more than 300 for money-laundering

Italian prosecutors are seeking to indict 297 people and the Bank of China in connection with a massive money-laundering investigation reported by The Associated Press earlier this month.

The suspects, mostly Chinese migrants living in Italy, include four senior managers of the Chinese state bank's branch in Milan. The case highlights the large underground Chinese economy in Europe.

Prosecutors said more than \$5.1 billion in proceeds was sent to China using a money-transfer service partly owned by Chinese migrants. THE ASSOCIATED PRESS

Inuit town opens eiderdown factory

NUNAVUT

Venture will create 15 jobs in the 850-person community

Inuit in a tiny Nunavut community are hoping the whirling flocks of thousands of seabirds that have filled larders for centuries will fill their wallets through one of the world's rarest and most precious commodities — eiderdown.

After being shuttered for nearly a decade, Sanikiluaq's eider factory started buying eiderdown this month, sustainably collected by Inuit families from the tens of thousands of nests built by the birds nearby.

"It will be a big deal," said Darryl Dibblee, administrator for the hamlet on Flaherty Island in the southeast corner of Hudson Bay. "We've already had a fair influx of people selling us down."

Eiderdown comes from eider ducks, large seabirds that nest in huge numbers in the Belcher Islands. The hen plucks the down from her breast to protect her nest and the eggs.

Collectors take down before the eggs have hatched and take care to leave half the fluff. The down goes to the factory, where it is cleaned and sterilized and sewn into parkas and duvets.

A single nest can produce about 70 grams of eiderdown, the warmest and most durable insulation in the world. Uncleaned down sells for about \$330 a kilogram. Finished duvets cost up to \$10,000.

Sanikiluaq plans to sell cleaned down to European manufacturers as well as parkas and duvets, sewn by local women, through community-owned corporation Belcher Islands Designs.

A feasibility study suggests



With no caribou on their islands, Inuit on the Belcher Islands have relied on eider ducks for generations. An Inuit woman wearing an eider skin parka collects duck eggs in a photo from the film People of a Feather. HO-JOEL HEATH/THE CANADIAN PRESS

the plant will break even by the second year and produce almost \$200,000 in profit by the third.

Dibblee said it'll provide up to 15 jobs: "That's a big deal in a town of 850 people."

It's a business rooted in traditional skills and practices, said Joel Heath, a Canadian scientist who's been studying the ducks and their importance to local culture for years.

Heath has completed an award-winning documentary called "People of a Feather" about the relationship Sanikiluaq has

with the ducks, which have long provided food and clothing.

"How do they use their skills to come up with jobs that are meaningful to them? The eiderdown factory is a great example," he said.

Dibblee just wants to get the factory through its pilot year. He is confident that eiderdown will help the Inuit feather their own nests.

"I wasn't going to do this unless I knew, long term, it was going to be feasible."

THE CANADIAN PRESS

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ARIZONA

U.S. court awards family \$435k in contaminated craft kit case

An Arizona family won a \$435,000 judgment in federal court after a child swallowed a decorative bead coated with a chemical that metabolized into a date-rape drug when ingested.

The jury decision Thursday in favour of Mark and Beth Monje came in one of several lawsuits filed against Aqua Dots, a toy craft kit in which children can create designs by spraying beads with water.

The product was the subject

of a recall in 2007 amid reports that nine children in the U.S. and three in Australia became sick after swallowing the beads.

The recall by the Consumer Protection Safety Commission led to the collection of about 4 million kits.

Tests showed the beads were coated with a chemical that, when ingested, metabolizes into gamma hydroxybutyrate (GHB), more commonly known as the "date-rape" drug. The compound

can induce breathing problems, nausea, vomiting, unconsciousness, coma and death.

Monje's toddler son swallowed some of the beads in July 2007, resulting in what the family's attorney says is permanent brain damage, loss of fine motor skills and sense of smell. The jury awarded the Monjes \$58,000 for medical bills and another \$377,000 for pain and suffering, lawyer Melanie McBride said.

THE ASSOCIATED PRESS



MYMETRO

Jan Sheppard Kutcher, Halifax

What are you up to?
I'm just taking a late lunch.

Why did you pick up a copy of Metro?
It's a way of catching up. I really enjoy taking a little time away from work and reading while I eat, so it fits the bill.

What's the one place someone new to the city should visit?
The waterfront. It's all about the ocean, the harbour and the boats — and that magic of living on the ocean.

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How St. James residents say, 'Not in my backyard'

INSIDE THE PERIMETER

Shannon VanRaes



A group of St. James residents is preparing to tell Habitat for Humanity to go big or go home. Actually, make that go big or don't build any homes.

This week, more than a dozen residents will ask the city's appeal board to reconsider its approval for Habitat for Humanity to build 16 homes at the site of a former police station on Lyle Street.

They claim building on lots with a 31-foot frontage will damage the neighbourhood. They're asking Habitat to build on 50-foot frontages — beyond their budget.

From the Deer Lodge Community Club's twitter feed, it's clear this is not about lot size. It's about one group

looking to keep another out of their neighbourhood.

It's also about the damaging and persistent misconceptions about the economically disadvantaged. To put it bluntly, this development is being opposed because residents don't want to live near people who don't have as much money as they do.

What's particularly galling is that rather than calling a spade a spade, opponents have couched their opposition as concern for wellbeing of Habitat homeowners.

Let's start with, "Won't somebody think of the children?" It seems these altruistic community members are concerned that homes on lots measuring 31 by 100 feet won't provide children with enough play room.

Right. Because heaven forbid children who are, say, living in an apartment building move into a home with

only a small yard. What terrible cruelty. (The proposed site is adjacent to a soccer pitch and a few hundred feet from the very community club that opposes it. Linwood School's sweet playground is a short walk in the other direction, but then I've always been partial to monkey bars).

Specious argument No. 2: As mentioned repeatedly on the Deer Lodge C.C. twitter feed, the Habitat site is close to the local beer vendor. So why is this a problem?

Actually, our concerned citizens can't elaborate. It would expose their offensive, outdated belief that the poor are defenceless against the corrupting influence of alcohol.

Sarcasm aside, there's more than a kernel of truth in the statement. Again from the club's twitter: "Residents concerned about turnover and housing values of 16

Habitat homes being built."

What's really being said is low-income people are unstable, unreliable and can't put down roots in a community.

Personally, I believe a homeowner who is willing to provide hundreds of hours of sweat equity, takes on a mortgage and literally builds their home from the foundation up — with help of friends and strangers — is deeply invested. Welcome to the neighbourhood.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Thanks to the bite of a radioactive spider, she no longer needs to sleep. She can be reached on Twitter @ShannonVanRaes.

ROSEMARY WESTWOOD

metroview

Reforming carding is no small task, but it's also no small issue

A firestorm over police carding has spilled out of Toronto's city hall. Last week, Ontario promised to create provincial rules.

But racial bias in policing is far from a Toronto- or Ontario-only issue. It's a national one. We don't need to wait for another newspaper to collect data on police interactions with the public and crunch it for racial implications, as the Toronto Star did, in order to see that.

Carding — whereby officers stop people at random without suspicion of criminal activity and collect their information — is but one manifestation of the problem.

"It depends on the city that you're in, and things are labelled in different ways," said Joanne St. Lewis, an assistant professor at the University of Ottawa and expert in human-rights law.

Do police pay a higher degree of attention to aboriginal people in Winnipeg, she asked me, or lay a higher number of charges against them that don't lead to actual prosecutions? She answered her own question: yes. For evidence, see a report in Maclean's, which noted that researchers have found some young aboriginal men are stopped by police twice per month in the inner city.

"If you're out in Halifax, in Nova Scotia as a whole, is there a disproportionate

attention to black people and aboriginal people in that jurisdiction?" St. Lewis asked me again, the answer implicit.

In Toronto, some have called for a complete ban on stopping citizens without cause. Others, like Noa Mendelsohn Aviv of the Canadian Civil Liberties Association, told me that, at the very least, the city needs clear rules to protect Torontonians' civil rights.

"There isn't a comprehensive (carding) policy that I'm aware of in any city in this country," she said. "We're saying: Want to be the first, Toronto? This is your chance."

Though, she noted, other forces should follow.

Maybe, as St. Lewis suggested, we should establish provincial bodies charged with undertaking a kind of annual audit for racial bias in policing (and a federal body for the RCMP).

But the first step would be for police forces to track their encounters with the public based on race and make that data public.

It's no small task, but it's also no small issue.

"All we're really asking the police forces across this country to do is to operationalize the Charter (of Rights and Freedoms)," Mendelsohn Aviv noted.

That's certainly not asking too much.

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SET YOUR LIFE ON FIRE SEEK THOSE WHO FAN YOUR FLAMES





MMVAs red carpet party

Toronto became Hollywood North as the stars flocked to town for Sunday's 2015 Much Music Video Awards. Brit singer-songwriter Ed Sheeran co-hosted this year's event, which included performances by Nick Jonas, Shawn Mendes, Fall Out Boy, Jason Derulo, Carly Rae Jepsen and the night's big winner, The Weeknd. **TORSTAR NEWS SERVICE**



Fall Out Boy opened the show with their new single *Uma Thurman*. THE CANADIAN PRESS



Pretty in pink: Carly Rae Jepsen greets fans before the show. THE CANADIAN PRESS



Lights **TORSTAR NEWS SERVICE**

ONLINE
Go to metronews.ca for the recap of the night's festivities.



Which way to the beach? Marianas Trench arrived in style. **TORSTAR NEWS SERVICE**



The Weeknd **TORSTAR NEWS SERVICE**



Tyler Posey of MTV's *Teen Wolf* **THE CANADIAN PRESS**



The OHL's Connor McDavid **THE CANADIAN PRESS**



Co-host Ed Sheeran also performed during the show. **TORSTAR NEWS SERVICE**

WINNERS

Video of the year
The Weeknd — *Often*

Best post-production
Zeds Dead f. Twin Shadow & D'Angelo Lacy — *Lost You*
Post-production: we are 1188; Grandson & Sons

Best EDM/dance video
Grandtheft f. Keys N Krates — *Keep It 100*

Best director
The Weeknd — *Often*
Director: Sam Pilling

Best pop video
The Weeknd — *Earned It*

Best rock/alternative video
Arcade Fire — *We Exist*

Best hip-hop video
P. Reign f. Drake & Future — *DnF*

Best MuchFACT video
Majid Jordan — *Forever*

Best international artist
Ed Sheeran

Most buzzworthy Canadian
The Weeknd

Most buzzworthy international artist or group
Ed Sheeran

Fan fave artist or group
Justin Bieber

Fan fave video
Shawn Mendes — *Something Big*

Fan fave international artist or group
One Direction

Did you know? The MMVAs, then known as the Canadian Music Video Awards, were first handed out in 1990.

CASH IN THE BANK

Non-essentials have to go if you're serious about saving

MONEY MATTERS

Gail Vaz-Oxlade
gailvazoxlade.com



A lot of people think that if they have debt they should work on getting that debt paid off before they focus on saving. I DON'T. I believe that we can always find a reason — an excuse really — for not saving.

Saving money is important. I believe it's a habit. And I have a narrow definition of saving. Saving means setting aside for the long-term. You might put money in an RESP for your kids. You might put money in a tax-free savings account for emergencies. You have your company pension plan; you are taking full advantage of your company pension plan, right? And you might also set aside some money in an RRSP for retirement. Those are all savings.

I find people like to use the word "saving" for a lot of things that have to do with spending: I'm saving for my vacation. I'm saving for a new couch. I'm saving for a new pair of shoes. None of those things are actually "saving." They are planned spending. All that money you set aside each month to pay for Christmas, to cover your home maintenance, pay your property taxes or your car insurance is money you're planning to spend.

While your priority may be paying off your outstanding debt, you also need to be saving a little something. Most people can't start saving as much as they would like right off the bat. But that can't be your excuse for not saving anything at all. Starting small, and building from there, makes more sense than procrastinating because you



Can you give these up?

don't think whatever you're saving is "enough." Don't get caught in the trap of all or nothing.

You, no doubt, will have a bunch of competing priorities. If you have kids you may want to be able to help them with their post-secondary education; an RESP is a great way to do that. But you must balance your need to help the kids with your own needs for long-term retirement savings. They'll have their own lives to live, their own kids to raise. They should not also have to

be worrying about whether or not you're eating once you retire. So no matter how committed you are to helping your kids — or any other priority you may have — you must also focus on your own long-term savings.

Having some money set aside just in case is a very good idea. Into each life a little rain must fall and if you don't have an umbrella, you will get wet. The general rule of thumb is to have six months' worth of essential expenses set aside in an emergency fund.

Cable is not an essential expense. Nor are booze and cigarettes (no matter how many times you say it). Food is. Healthy food, not necessarily organic or premium options.

Figure out your essential expenses and set to work to accumulate a pot of cash to cover those expenses. Cash. Not a line of credit. A line of credit isn't an emergency fund no matter who tells you differently. A line of credit is debt waiting to happen! Cash in the bank is what you need. The point is to have the money ac-

cess-
i b l e
should you
need it. Yes, I
know the inter-
est rates are sad,
so don't settle; shop
around for the best rate
available.

Since savings can so easily disappear to whatever consumption bug has bitten you, put your savings away before you have the chance to spend that money on rubbish. Arrange an automatic debit from your main bank

\$ SAVE THIS MUCH

How to calculate your personal saving rate

Then there's the holy grail of savings: retirement savings. Make sure you count your pension plan contributions when you calculate your personal savings rate. Your personal savings rate is a measure of how much money you save out of the money you earn. You calculate your PSR by taking your monthly income and subtracting your monthly spending.

Notice I said "spending" and not "expenses." That's because sometimes our expenses and our spending don't match. You actually have to look at what you're "spending" not just what you think your expenses are.

So if you made \$2,700 last month and you spent \$2,650, here's the math:

$$\$2,700 \text{ minus } \$2,650 = \$50$$

$$\$50 \div \$2,700 \times 100 = 1.85\%$$

So what should your personal savings rate be? When it comes to retirement savings, if you're in your 20s, aim for 6 per cent. If you're starting in your 30s aim for 10 per cent. If you're already in your 40s and just getting started, aim for 18 per cent. (Remember, you have to add in your contributions to your company pension plan to your income for this to work because they count.)

account to some far-off and difficult-to-get-to savings account. Money that disappears from view and is tough to get at if your shopping bug tries to take a bite out of your plan is more likely to be there when you really need it.

Make summer work for you

SLOW DAYS

Office lulls are a great time to get organized and recharge

OFFICE RELATIONS

Eleni Deacon



You don't have to hit the pool to experience a summer cool-down. In many industries, the warmer months are also quieter months: as colleagues and clients take off on vacation, once-frantic workplaces often chill out. And while a more relaxed pace might be a welcome reprieve, it can also be tedious — after all, who wants to watch the clock tick from their desk when they could be people-watching from a patio? Whether you're facing a slow day or slow phase, lulls don't have to be dull.

Rather than getting frustrated, get organized. That stack of papers that's been accumulating on your desk since 2013? Sort through it. Those unread emails wasting space in your inbox? Delete them. Take stock of non-urgent tasks that kept falling to the bottom of your to-do list — updating your website, making new templates, writing follow-up notes to new contacts — and knock them off one by one. Don't think of downtime as nap time. Think of it as catch-up time.

Struggling to stay off the internet during sluggish afternoons? Don't even try. Instead, make your surfs relevant to your work. Review news sites that report on your field, or read



If you have time to surf the net, impress the boss by making your browsing work-related. iStock

how-to blogs related to your job. If there are areas of your job in which you don't feel quite confident, research that topic until you feel like an expert.

Or learn from other experts by signing up for webinars or following an online course. Your boss may not be pleased if you fritter hours on Facebook, but she'll likely give a thumbs-up to online forums of professional development.

Another way to drown out chirping crickets: talking to other people. Long lunches aren't just a way to kill time — they're also a chance to get closer to your colleagues, which can lead to more effective (and fun) working relationships. You can also socialize outside the office. When your days aren't packed with hands-on tasks, book coffee with clients or colleagues from other organizations that you haven't seen for a while.

Making time for an in-person powwow can both strengthen your connection and jump-start upcoming projects.

Leisurely summers can feel extra-lazy, but even doing nothing is something. By gearing down and stepping back, you have the chance to recharge. So when your routine once again ramps up, you'll be ready.



Don't think of downtime as nap time. Think of it as catch-up time

Canadians dismiss Swiss

WOMEN'S WORLD CUP

Canucks

advance to

quarters with

Belanger's goal

Josee Belanger scored early in the second half to send Canada into the quarter-finals of the Women's World Cup with a 1-0 victory over Switzerland on Sunday.

The win was Canada's first ever over a European side at the soccer showcase, ending an 0-9-1 run. And the Canadian women rose to the occasion after an uneven group stage, taking it to the 19th-ranked Swiss in the second half.

The Canadian bench rushed the field as the final whistle blew to celebrate the win as the despondent Swiss gathered at their bench. The two teams then shook hands.

ROUND OF 16 On Sunday

10

CANADA SWITZERLAND

Eighth-ranked Canada plays either No. 6 England or No. 11 Norway in Saturday's quarter-final back at Vancouver's B.C. Place Stadium. The two European teams face off Monday in Ottawa.

It's just the second time in six trips to the tournament that Canada has made it to the knockout rounds. The Can-



Josee Belanger, second from left, celebrates scoring a goal with her Canadian teammates during a round-of-16 match against Switzerland in Vancouver on Sunday. JEFF VINNICK/GETTY IMAGES

adians finished fourth in 2003. Belanger, who played full-back in Canada's first three games, was restored to forward with the return of Rhian Wilkinson to the starting lineup after a hamstring injury. And the two combined on the goal, with an assist from captain Christine Sinclair.

After an even first 45 minutes, Canada came out flying in the second half and Belanger put Canada ahead in the 52nd minute. Wilkinson sent in a cross that Sinclair got a boot on in the penalty box. The ball went straight to Belanger, who whipped a left-footed shot into the corner.

Canada continued to go at the Swiss and goalkeeper Gaelle Thalmann was exposed several times trying to corral crosses. Captain Caroline Abbe was forced to make a goal-line clearance of a Belanger shot in the 68th, just after Sinclair just missed getting her head on a Melissa Tancredi cross.

Canadian goalkeeper Erin McLeod, as she has done all tournament, made a key save in the 77th minute to deny Vanessa Bernauer from in close.

Sunday's game drew 53,855 to B.C. Place, a record for a Canadian national team home game. THE CANADIAN PRESS

French kiss South Koreans out of tournament



France's Elodie Thomis, left, plays the ball against South Korea's Lee Eunmi on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

It didn't take long for France to assert its dominance in its round of 16 matchup.

The third-ranked French team scored two early goals and never looked back en route to a 3-0 victory over South Korea in the FIFA Women's World Cup in Montreal on Sunday.

France will now play Germany in the quarter-final on Friday in Montreal.

"The players were very determined from the get go," said French coach Philippe Bergeroo. "That's the sign of our tactical work. We wanted to suffocate the opposing team.

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AUSSIE RULES

Australia boots Brazil

Forward Kyah Simon scored in the 80th minute as Australia beat Brazil 1-0 Sunday in Moncton to advance to the quarter-finals of the FIFA Women's World Cup.

It's a sign of our players' determination.

"We're extremely satisfied with our game. The players are playing with confidence."

The French (3-1-0) scored twice within eight minutes of kickoff and gave the South Koreans (1-2-1) little hope for a comeback from thereon.

Forward Marie Laure Delie scored in the fourth minute of play and midfielder Elodie Thomis padded France's lead in the eighth. Delie added another shortly after halftime.

"There was pressure on us, for sure," said Thomis, who was France's most dangerous player. "We knew that if we lost this game, we'd be going home tomorrow. We played well tonight." THE CANADIAN PRESS

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IN BRIEF

Murray does double duty for 4th Queen's Club title

Andy Murray claimed his 34th career title on Sunday with a 6-3, 6-4 victory over unseeded South African Kevin Anderson in the final of the grass-court Queen's Club tournament.

Top-seeded Murray also won the event in 2009, 2011 and 2013. He joins John McEnroe, Boris Becker, Andy Roddick and Lleyton Hewitt as a four-time winner of the event.

Earlier Sunday, the third-ranked Murray completed a 6-3, 7-6 (4) semifinal win over Serbia's Viktor Troicki after rain stopped play Saturday. THE ASSOCIATED PRESS

Rosberg emerges from Hamilton's shadow for win

Nico Rosberg showed his championship potential by overtaking pole sitter Lewis Hamilton on the first turn and went on to win the Austrian Grand Prix in style on Sunday.

The German driver, runner-up to his Mercedes teammate in last year's Formula One championship, took an aggressive inside line to shoot past Hamilton heading into the first turn. Rosberg's third win this season took his career tally to 11, and cut Hamilton's overall lead to 10 points. THE ASSOCIATED PRESS

Scherzer riding high of throwing no-hitter

A day later, Max Scherzer couldn't stop smiling. "I'm doing great," the Nationals right-hander said the morning after he threw a no-hitter and came within a strike of a perfect game before hitting Pittsburgh's Jose Tabata in Washington's 6-0 victory.

"I didn't get much sleep, but that's for a good reason, just on a high from the game."

In his past two starts, Scherzer has retired 54 of 57 batters with a combined 26 strikeouts. He is 8-5 with a 1.76 ERA for the season. THE ASSOCIATED PRESS



Max Scherzer

GETTY IMAGES

RECIPE Pork Tenderloin with Orange-Balsamic Glaze



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 5 minutes
Cook time: 25 minutes
Serves: 6

Ingredients

- 1 1/2 lb pork tenderloin (2 small loins)
- 1/4 cup frozen orange juice concentrate or orange juice
- 1/4 cup apricot jam
- 1 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- 2 tsp grated orange zest
- 1 tsp minced garlic
- a pinch of salt and freshly ground black pepper
- 3 Tbsp chopped fresh parsley or cilantro
- 1/4 cup diced dried apricots

Directions

1. Preheat the oven to 425°F.

Line a 13- by 9-inch baking dish with parchment paper.

2. Lightly spray a non-stick grill pan or skillet with cooking oil and place over high heat.

3. Sear the tenderloins for about two minutes per side, or just until browned. Place in the prepared baking pan.

4. To make the glaze, combine the juice concentrate, jam, vinegar, oil, orange zest, garlic, salt and pepper until smooth. Spoon 1/4 cup of the glaze over the tenderloins and bake for about 20 minutes or until the internal temperature reaches 145°F for medium.

5. Reheat the remaining glaze. Slice the tenderloin and serve with the glaze otop. Garnish with chopped parsley and diced apricots.

Nutrition per serving

- Calories 206

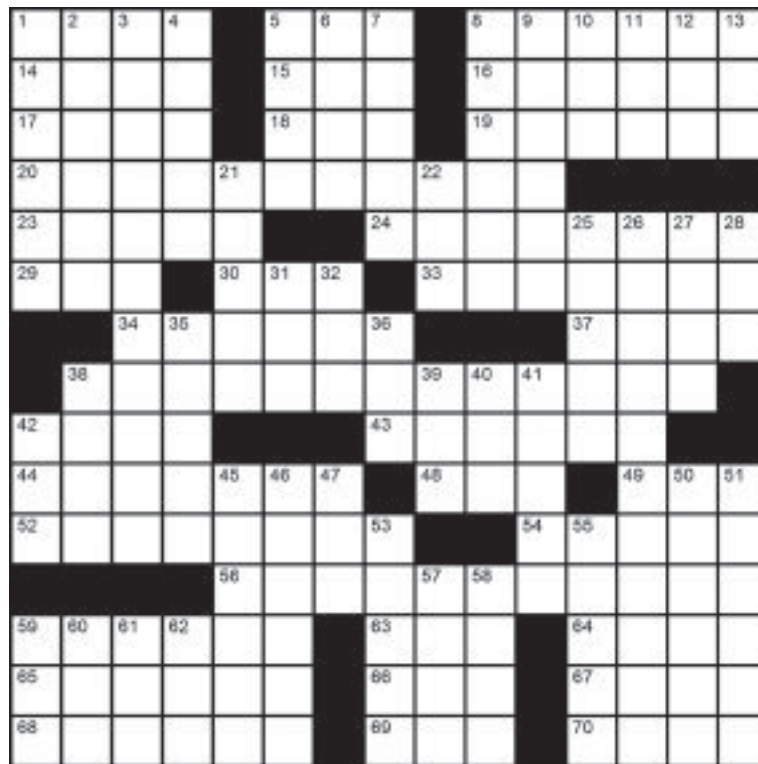
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Bows
5. Suit's shoulder stuffing
8. Beethoven's "Piano Sonata No. 24 in _ Major, Op. 78"
14. Rocker Greg
15. Amaze
16. Did well on the quiz: 2 wds.
17. Planes-related org.
18. Tennis shot
19. Light units
20. Edmonton neighbourhood, _ Towne
23. _, Texas (Fictional setting of "King of the Hill")
24. Canadian artist, Alex _ (b.1920 - d.2013)
29. Compass dir.
30. _ T (Toronto sch.)
33. Important cargo
34. Reggae legend Bob
37. Jazz vocalist Ms. Anderson
38. Item being held at #56-Across: 2 wds.
42. Like an officially mailed letter, briefly
43. Hit a homer, slang-style: 2 wds.
44. Racing spot in a pool, say: 2 wds.
48. Vancouver International Airport's code
49. Bear: Spanish
52. Some of Prince William's relatives



54. Hyperion, for one, in Greek myth
56. Painting by #24-Across, Woman at _
59. Practical
63. Help
64. CCR tune
65. Kinfolk
66. Cereal grass

67. Make a growling noise
68. Early stages of things
69. Beige
70. Nobel Peace Prize city

DOWN

1. Some large

- dogs
2. Kitchen gadgets for potatoes
3. Burton Cummings song; or, Holy Roman Empire guy
4. Lucy of Charlotte Brontë's 1853 book Villette
5. _ Mall (Street in

- London, England)
6. Absentee soldier stat.
7. New Brunswick community
8. Jolly refrain in a particular festive song...: 3 sounds
9. Ailment for sailors of yore

10. Skirt section
11. 'Block' suffix
12. Tin Tin's lead-in
13. Liq. measures
21. Bury in a way
22. Elephant gr. in US politics
25. " _ It" by Enrique Iglesias
26. No. 9 in The Clovers song, and others: 2 wds.
27. Montreal 'milk'
28. Dutch city
31. Former
32. Not opposin'
35. Pulitzer-winning poet W.H.
36. Charlottetown Airport code
38. Jump
39. U2 album
40. Dictionary abbr.
41. Works by the Rockefeller Center muralist
42. Treasure Island author's monogram
45. Supernatural
46. Ms. Furtado's
47. _ e Leandro (Luigi Mancinelli opera)
50. Summery shoe
51. 'Dream'-related prefix
53. Begin
55. Volunteer's you-stay-behind words
57. "Howdy!"
58. Paradise
59. Martian's craft, usually
60. _ Francisco
61. First aid team, e.g.
62. "Yuck!"

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Despite what some might say you are under no obligation to like or even approve of everyone you meet. We are supposed to be different — it's what makes the world such an interesting place.

Taurus April 21 - May 21
You may not be in a sociable mood but if you make an effort and talk to the people you meet you will discover something to your benefit. You may also discover that some people are smarter than you expected.

Gemini May 22 - June 21
Are your money problems real or imagined? According to the planets you are worrying for no good reason, so don't do something drastic today just to give your cashflow a boost — chances are it does not need it.

Cancer June 22 - July 23
Today's Jupiter-Uranus link will put you in a positive frame of mind but there is still a danger you could overestimate your abilities and do something silly. Make sure you know what you are getting yourself in for.

Leo July 24 - Aug. 23
Jupiter in your sign will protect you and Uranus in Aries will bring new opportunities to shine. Also, try to be tolerant of people you don't much like. Maybe they are not as bad as you think.

Virgo Aug. 24 - Sept. 23
The most important thing this week is that you think for yourself. If you accept what other people tell you without question there is a chance that you will be misled — and that could cost you money.

Libra Sept. 24 - Oct. 23
People in positions of authority are keeping an eye on you, so try to present yourself to the world in a way that highlights the caring side of your nature. If you do, the world is more likely to care about you.

Scorpio Oct. 24 - Nov. 22
The planets indicate that you have been worrying for no good reason — again. Today's Jupiter-Uranus link will open up a whole new world of opportunities and make you realize that you were wrong to be so distrustful.

Sagittarius Nov. 23 - Dec. 21
Something or someone will grab your attention today. This is an exceptionally good time for both creative matters and affairs of the heart. With Jupiter, your ruler, involved, you are sure to be the center of attention.

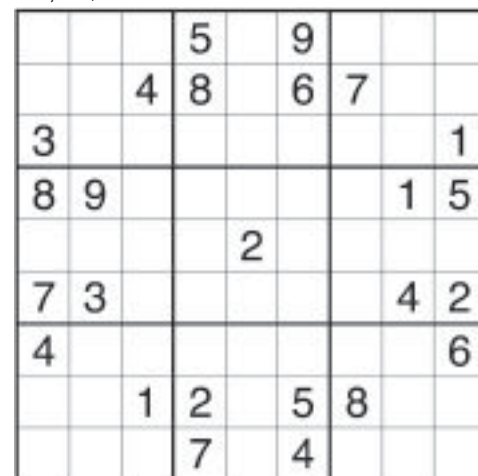
Capricorn Dec. 22 - Jan. 20
You may have reason to be angry with what someone has said or done but you are advised not to make an issue of it. Today's cosmic outlook will help you overlook their failings and remember they have a good side too.

Aquarius Jan. 21 - Feb. 19
You need to get organized and devote different parts of the day to different tasks, because if you allow things to overlap you will not get much done. Remember: work expands to fill the time allotted to it.

Pisces Feb. 20 - March 20
You will be torn between your head and your heart over today. As a Water sign you are more likely to follow your emotions and that's good because your mind is liable to play tricks on you. It's what you feel that matters.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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